



Thank you for keeping your Promise!

The HumanaVitality health assessment provides personal health awareness and an opportunity to understand your health risks. Over 128,000, more than 95% of LivingWell plan holders, have already completed the health assessment! Congratulations! You've taken the first step!

What's next? Keep moving on your path to a healthier lifestyle!

Know your numbers.

Complete a VitalityCheck® (biometric screening) to determine your current health status and set personalized health goals. The quick and easy screening is provided at no cost to you and is offered at a number of convenient locations. Go to livingwell.ky.gov to find your nearest location and print a voucher if needed. Results will automatically upload, and you could receive 4,000 Vitality Points.

Set goals and engage with a health coach.

With your health assessment and VitalityCheck results, HumanaVitality will help you set personal health goals so you can begin your own pathway to wellness. Utilize a health coach to increase accountability and to cheer you on! They can also give you access to trackers, calendars, assessments and comprehensive health resources. Communicate with your coach based on your preferences – telephone, email or instant message chat. [Learn more.](#)

Register for your HealthyFood™ Shopping Card.

Start saving up to 10% on Great for You™ food items at Wal-Mart. Just swipe your card at checkout! View the [Vitality HealthyFood video](#). [Learn more.](#)



Administered by Humana Insurance Company. Program details subject to change.